



THE WAAG



Wisconsin Adopt
A Golden Retriever, Inc.



Volume 6, Issue 1

Winter 2010

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Quotable Quotes

“The average dog has one request to all humankind.

Love me.”

–Helen Exley

Wisconsin Adopt A Golden Retriever, Inc

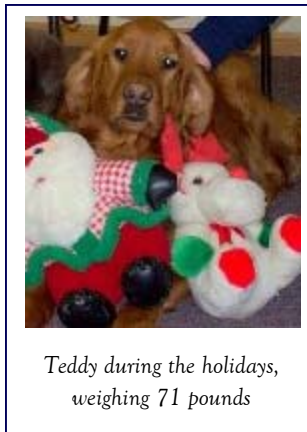
Holiday Update on Teddy – WAAGR Special Needs Dog

Teddy has been one of WAAGR’s Special Needs dogs since May 2008

Over a year and a half ago, Teddy came to WAAGR for the first time. He was a gorgeous, friendly dog, but he had a serious health problem – he weighed 143 pounds, when he should have been only about 60 pounds. Teddy came from a puppy mill where he was neglected, causing him to overeat.

Upon coming to WAAGR, Teddy was adopted by WAAGR

member Polly and put on a weight loss plan. Over the past year and a half, Teddy has made some drastic improvements.



Teddy during the holidays, weighing 71 pounds

As of January 2010, Teddy weighs 71 pounds,

meaning he has lost a whopping 72 pounds! That is half of his original body weight! His new nickname is “Tedlett,” which is French for “Little Ted.” He is having a much easier time walking, running up and down the stairs, and even climbing into the van.

We were able to get Teddy’s diet secrets – he has not been fed unhealthy scraps from the table, has been given the correct portions of food, and has enjoyed baby carrot snacks. He even gets
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Keeping Your Golden Safe in Winter

Although we are all beginning to look for the warmer weather spring will bring us, there still could be many weeks of winter left! The cold weather presents a few extra hazards for dogs. Dana Bourassa, the medical director for WAAGR, has provided

some helpful tips for keeping your dog safe through the season:

Be careful with anti freeze – It is sweet and tasty to pets; however, even a very small quantity can be extremely toxic.

Take special care around bodies of water – Frozen lakes and bodies of water can have weak areas that your dog can fall through. Keep dogs on leash when near water.

Protect their feet – With
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Keeping Dogs Safe in Winter

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the winter, ice, and snow there is salt on the roads and sidewalk. Wipe feet well; clean between toes also. Licking the salt off can cause vomiting and diarrhea. Keep your dog's fur well trimmed between the pads to prevent snowballs from forming.

There are two things that can help on walks to prevent snow and ice:

Musher's Secret, a non-toxic wax that you put on paws before a walk preventing snow and ice. There is also a new product out called PawZ, which is a rubber balloon type boot to cover feet. It stays on much better than boots and is good for approximate five walks. It is available in most pet stores.

Protect from burns - Take care to monitor wood

stoves and space heaters; dogs love to lie near the heat source.

Please follow these tips to keep your golden safe, healthy, and happy during these cold winter months!



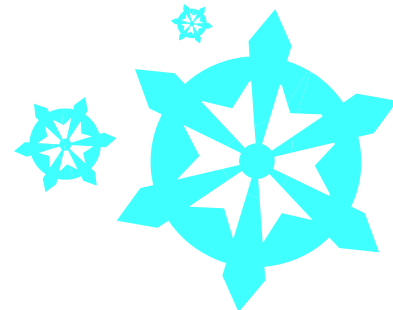
“Keep your dog’s fur well trimmed between the pads to prevent snow balls from forming.”

Holiday Update on Teddy

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the occasional treat! His days have also included a lot of exercise - he plays tug of war, fetch, and has been enjoying the snow.

Teddy only has 10 more pounds to go! Please continue to cheer him on so he can make his goal weight! Go Teddy!



From the President – Craig Cwiklowski

I hear from a lot of people asking questions about their dogs. Does the following sound familiar to you? My dog is really good, but he or she has started chewing and scratching the woodwork in the house. We really love him, but he has turned destructive. What can we do? I ask how much exercise the dog re-

ceives. Nine out of ten times people answer with none or we let him out in the back yard, it is fenced you know. In other words, the dog is **not** exercised.

Taking a page out of Cesar’s (Millan) book or television show, exercise is fundamental for every dog. Cesar always starts off every behavioral

situation with the walk. Walking your dog is critical for a number of reasons. The walk stimulates physically, stimulates mentally, works on obedience training, and builds your relationship with your dog. Dogs must be exercised to burn off their energy, especially if they are kept in a
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Meet a WAAGR Member – Nancy Spencer

By Amy Behrendt

While her membership with Wisconsin Adopt a Golden Retriever is new, member Nancy Spencer's love for Golden Retrievers and animals is not! She has owned many animals through the years and volunteered for the Oshkosh Area Humane Society in the past. Her love for animals is what brought her to WAAGR to begin with in October 2009.

"I Googled Golden rescues and found out about the (WAAGR) Meet and Greet in Appleton," she said. "Then went up (to Appleton) to meet you."

The Omro, Wis. resident (west of Oshkosh) has owned two Golden Retrievers in the past and, like many people we have talked to while in WAAGR, she would love to rescue another one someday. "I love talking to people about Golden Retrievers and dogs in general," she said. "I love hearing everyone else's 'dog story.' I feel good knowing I'm helping Golden Retrievers in need."

Spencer jumped right in with her involvement with

WAAGR. She has helped with Meet and Greets in Appleton, and started having them at the PetCo in Oshkosh. She also attended our Golden Holiday House in December. She's already thinking ahead to our Golf Outing in July. "I loved the Christmas Open House; it was terrific," she said. "I enjoy fundraising and want to get more involved in that. I'm looking forward to the Golf Outing and I have several items for the auction."

The love for Golden Retrievers in



Nancy Spencer first got involved with WAAGR in October 2009

her family doesn't stop with Spencer. Her sister has a Golden Doodle named Howie. Spencer lives with her Dachshund/Terrier mix named Chip, and filled us in on Chip and other pets she has had. "I got (Chip)

because the previous owner decided to give him to me rather than take him to the shelter," she said. "I have owned two German Shepherds and two Golden Retrievers. I used to belong to a kennel club, and did obedience training and showing. I loved the training. The showing was nerve wracking, but fun. My dogs did pretty well and I was very proud of them. All of my dogs have been great dogs and great matches for me!"

Spencer's "day job" is a social media specialist and she works from home. "I set up Twitter, Facebook, and other social media sites for people to link to their Web sites," she said. "I worked for best selling author, Robert G. Allen, helping to promote his last book. It was fun!" She is also consulting with businesses, bringing their messages online to increase sales.

In her free time, Spencer enjoys shopping, going out with friends, photography, and crafting, especially counted cross stitch. She's gotten involved with politics, and enjoys following political news. Welcome to WAAGR!

Meet a WAAGR Member – Winter 2010

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kennel, crate, or in the house for hours and hours. They must also be exercised mentally as well. At the end of the day a dog must be challenged and stimulated or they will display inappropriate behavior as a result of their boredom and stress.

Opening your back door to let the dog out in the fenced backyard is not stimulating, nor is it exercise. This may be okay for them relieve themselves, but is definitely not considered exercise. A dog must have a ball thrown, a Frisbee tossed, or a walk to be considered a form of exercise. Depending on your breed or your dog's personality the time spent exercising can vary, but for a Golden consider sixty minutes per day. Yes, sixty minutes, minimum, per day is the expectation for Golden, in my opinion.

Just think about it, you are at work for eight hours (or more), sleeping for another eight hours (give or take), totaling sixteen hours your dog is inactive. There are only twenty-four hours in a day and I am suggesting just a single hour of exercise per day for your dog. That is not much to ask for your loving four-legged friend. One hour per day, minimum, will help keep your Golden happy and healthy. Consider walking your dog twice per day at thirty minutes per walk. Or vary the routine; walk in the morning and play ball in the afternoon for thirty minutes per session. Any combination of exercise will work to attain sixty minutes per day.

A successful walk starts before you even put on the leash. Make sure the dog is in a calm state of mind. This is critical for the rest of the walk, so if the dog becomes excited, take a break until he or she calms down. You want your dog sitting calmly and quietly before you start.

On the walk itself, be sure he or she is not leading the charge. Ideally the dog should be beside you or slightly behind you, in harmony with your own movements and energy. Keep the leash short but not tight. The leash is your connection to your dog, and you want to keep it intimate. Once you feel the rush that comes from truly taking the leadership role in your pack, you'll never understand how you managed to walk your dog any other way.

The acts of marking and sniffing are important during the walk, but they should take a backseat to the exercise your dog is receiving. The breaks during which you allow your dog to sniff and explore should always be shorter than the time spent in exercise mode. Keep calm and confident and be firm in your intentions. Once you have completed 15 minutes or so in this way, you can reward your dog by allowing a break to explore and enjoy.

Avoid dogs that are in a different state of mind from yours. After all your work, it is unhealthy for your calm, submissive dog to encounter an over-excited one. If you would like to incorporate another dog into your walking routine, make sure the dogs prac-

tice walking together as a pack, calmly, before you allow them playtime.

Vary your walk to keep things from becoming stale. Your dog likes routine, but he also craves adventure. All of the new smells, sights, and sounds are psychologically stimulating, so they are crucial to the challenge. Every once in a while try out a different route.

Below is a checklist to help master the walk:

- Allow yourself enough time for the entire ritual
- Have a plan
- Schedule your walk(s)
- Wait until your dog is in a calm, submissive state
- Leave the house first (be first out the door)
- Maintain a short leash
- Keep your head up and your shoulders back
- Project calm-assertive energy
- Keep your dog hydrated
- Allow your dog exploration breaks
- Walk in first
- Share food and more water

Good luck and **walk** your dog!



Craig Cwiklowski

2009 Holiday House

Holiday House was an excellent event for WAAGR, as it took in \$4,182.50 – since all of the effort and supplies were donated, every cent raised goes toward supporting Golden Retrievers. The event was extremely enjoyable as well! All photos have been shared by Nancy Spencer, WAAGR's Meet a Member for this issue. Thanks Nancy!





WISCONSIN ADOPT A
GOLDEN RETRIEVER, INC

*Providing bright new beginnings to
displaced golden retrievers*

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ABOUT US

Wisconsin Adopt a Golden Retriever is an all volunteer/member Golden Retriever rescue organization serving Southeastern Wisconsin and beyond. WAAGR has no paid staff and depends on the generosity of individuals that want to help provide a safe and happy life for Golden Retrievers that for whatever reason have lost their homes. Our volunteers/members will do what needs to be done to help these kind and loving animals find the home of their dreams. It is our belief that education and staying involved in our communities is the key to great placements in great forever homes.

WAAGR on Facebook!
**We joined Facebook! Type in
Wisconsin Adopt A Golden Retriever
to find us and become a fan!**

Behind the Scenes

President: Craig Cwiklowski
Vice President: Barbara Hart
Secretary: Diana Reynolds
Treasurer: E.J. Kubick
Rescue Director: Mary Schmittinger
Medical Director: Dana Bourassa
Member-at-large: Dave Effinger

**Marketing/
PR Coordinator:** Amy Behrendt
Newsletter: Christina Schneck
Foster/Intake Coordinator: Karen Congdon
Home Visit Coordinators: Mary Schmittinger & Diana Reynolds
Event Coordinator: Carrie Olson

Upcoming WAAGR Events

Order Today: A Cookie Dough Fundraiser for WAAGR

New for WAAGR in 2010: a Cookie Dough Fundraiser for WAAGR! We are working with Manderfield's Home Bakery in Appleton, Wis. to sell its cookie dough. Manderfield's has been serving the Fox Cities for more than 25 years. There are eight flavors to choose from. **The deadline to order is Feb. 20. Please note: we can't ship cookie dough in the mail. Orders will be delivered to the Fox Cities area and southeastern Wisconsin. Please visit the events section of the WAAGR website for more information**

Great Lakes Family Pet Expo Saturday, Feb. 6

WAAGR will once again have a booth at this event at State Fair Park in West Allis from 10 a.m. - 6 p.m. WAAGR will be at booth #702 with some of our Golden friends. We look forward to seeing you!

For all the details please visit the events section of the WAAGR website.

WAAGR at Society Sundays

**Pizzeria Piccola in Wauwatosa
Sunday, Feb. 7, 2010 & July 25, 2010**

WAAGR is the nonprofit group at Pizzeria Piccola, 7606 W. State St. in Wauwatosa from 4-9 p.m. Enjoy a great meal and help WAAGR raise funds to help the Golden retrievers in our care! WAAGR members will be the wait staff, the table bussing staff and greeters for this event. WAAGR makes a profit from every meal sold (including take out) and keeps all the tips to help the Golden retrievers.

Please visit the Events section of the WAAGR website for more information!

Meet and Greet

Appleton, WI eastside PetCo

Feb. 20: 10 a.m. - noon

Feb. 21: noon - 2 p.m.

March 20: 10 a.m. - noon

March 21: noon - 2 p.m.

WAAGR volunteers will be at the PetCo at 3829 E. Calumet in Appleton on the above days for an adoption event held at the store. We look forward to meeting you!